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HOUSEKEEPERS' CHAT

Friday, April 29, 1938.

(FOR BROADCAST USE ONLY)

Subject: "BUYING FOOD FOR TWO". Information from the Bureau of Home Economics, U. S. Department of Agriculture, Washington, D.C.

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Today I'm going to talk about something that most persons have a good time doing--spending money. I'm bringing you some suggestions for spending money for food to the best advantage.

Just to start off with I want to cite the cases of a Mrs. Jones and a Mrs. Smith. Both are young women who are fairly new at homemaking. Both have a moderate amount of money to spend for food. And both Mrs. Jones and Mrs. Smith have to buy and prepare food for just two persons.

But there the resemblance ends. Mrs. Smith sets a table that is interesting and varied. She has figured out what she and Mr. Smith need to get from their food. She's learned what foods supply these needs. And with this information she has worked out her food budget.

But with Mrs. Jones it's a different story. On many days the Joneses eat very well indeed. But along towards the end of the month they often have to skimp on food. Sometimes they do not get as much milk, or fresh fruits, or vegetables as they want and need. And very often Mrs. Jones borrows money from the miscellaneous column in her budget to spend on food.

Well, of course, the answer is that Mrs. Smith knows her food values-- Mrs. Jones doesn't. Or at least she doesn't put what she knows into practice.

For getting an adequate diet is a two-way problem. First you have to know what the family needs in the way of nutritive value. And second you have to figure out how to provide these needs in foods that the budget will allow.

So here are some practical diet suggestions. They take both of these problems into consideration. They are based both on what certain foods supply nutritionally and what they cost.

For example, let's take a family of two--such as the Joneses. And let's say that this couple can afford to spend from six to seven dollars for food each week. If they divide this money wisely they can get a diet with a good margin of safety in substances needed for good nutrition. And what's more--it can be interesting and varied.

To make things simpler, diet planners divide the money you spend for food into five general funds. First some of your food money goes for milk and

milk products. Some goes for fruits and vegetables. Some more goes for lean meats, eggs, poultry, and fish. Some food money goes for cereals, sweets, and fats. And finally, some money goes for accessories such as tea, coffee, and seasonings.

For the first group--milk and milk products. It is generally recommended that adults get a pint a day--children a quart. Since the Jones family has no children they need to get just a quart a day for the two of them.

Of course this won't all be milk as milk. Some of it may be in the form of cheese--or coffee cream--or evaporated milk for use in cooking. But however they vary it, the milk order for the week will equal 7 quarts of fluid milk.

Fruits and vegetables made up the second food group. These supply valuable minerals and vitamins. In fact, certain fruits and vegetables are so valuable that diet planners recommend servings of four specific kinds in the diet each day.

Each day there should be a serving of potatoes and sweetpotatoes--second, a serving of tomatoes or citrus fruit--third, one of a leafy, green or yellow vegetable--and fourth, a serving of fruit.

Besides these four each day, it's a good idea to get at least from three to five servings of other vegetables during the week. With a moderate amount of money to spend it's possible to get a good variety of vegetables. But of course you must select fruits and vegetables that are moderately priced--not out-of-season delicacies.

Now, the third group--eggs, and meat. About eight eggs a week is plenty for this couple. And they'll probably have meat about once a day. Just how much meat they get will depend upon the amount and the cut. Since they are spending a moderate amount of money, they can afford the more expensive, choice cuts of meat occasionally.

The fourth group of foods are important especially for the energy they provide. These are the fats, sweets, and cereals. There should be a cereal dish in the diet every day. And there will be bread and butter at every meal.

When you spend a moderate amount for food you have a wide choice of the kind of cereals you buy. Bread--other baked products--some flour--and other cereals will appear in fairly generous amounts. And you may have sweets as often as you want--as long as they do not replace other foods needed in the diet.

Now, the final group of foods--the accessories. This includes coffee, tea, cocoa, seasonings, and flavorings. Watch this group carefully to see that it doesn't mount up out of all proportion to what it really supplies in the diet. For the chief use of accessories is to add palatability and interest to food.

That in general is a suitable spending pattern for a family of two when they have a moderate amount to spend for food. A homemaker can work out a good division of her food dollar if she keeps accounts for a while. Then she may check the food she gets against the food she should have, and make any adjustments necessary.

